

Weekly Shopping Plan

Meat/Dairy

- Greek Yogurt
- Shredded Cheese
- Heavy Cream
- 1 1/2 lb Boneless
Chicken Thighs
- 2 lb Boneless
Chicken Breast
- 12 oz Extra Large
Shrimp
- _____

Bakery

- Tortillas
- _____
- _____
- _____

Freezer

- Broccoli Floretes
- _____
- _____
- _____
- _____
- _____

Produce

- Red Onion
- Lime
- Cabbage
- 4 Yellow Onions
- Celery
- Carrots
- _____

Pantry

- White Vinegar
- Light Brown Sugar
- 1 lb Elbow Noodles
- Flour
- Coconut milk
- Chicken Broth
- Dill
- Peas
- Tuna
- 1 bag White Rice
- Oregano
- Vegetable Broth/Stock
- Bay leaf
- Curry Powder
- _____

M Minestrone Soup

T Chicken Curry

W Chicken Broccoli
Casserole

T Tuna Noodle
Casserole

F Shrimp Tacos

Pantry cont

- Chipotle chiles in adobo sauce
- 2 Cans Diced Tomatoes
- Kidney Beans
- Tomato Paste
- Whole Wheat Elbow Macaroni

Misc

- Olive Oil
- Chili Powder
- Fresh Cilantro
- Garlic Cloves
- Garlic Powder
- Onion Powder
- Thyme